

# Meal on Wheels (MOW) & Congregant Meals (CM)

Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs. prior

CM: Lunch Served at Noon/ Breakfast Served at 10:00am

# 2020 MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>MOW: CHICKEN MALIBU,</b> Potatoes & Gravy, Peas, Peaches & Roll  	<b>3</b> <b>MOW: BEEF-N-RICE</b> <b>MEDLEY,</b> Carrots, Pears, Cottage Cheese & Roll  <b>CM: HAM &amp; BEAN SOUP,</b> Pigs In A Blanket & Fruit	<b>4</b> <b>MOW: MANDARIN</b> <b>ORANGE CHICKEN OVER</b> <b>RICE,</b> Stir Fry Vegetables, Egg Roll, Orange Wedge & Roll	<b>5</b> <b>MOW: FISH,</b> Au Gratin Potatoes, Green Beans, Jell-O W/ Fruit, Tartar Sauce & Roll  <b>CM: BONELESS RIBS,</b> Baked Potato, Corn & Mixed Fruit	<b>6</b> <b>MOW: SALISBURY</b> <b>STEAK,</b> Potato, Mixed Vegetables, Tropical Fruit & Roll
<b>9</b> <b>MOW: STUFFED GREEN</b> <b>PEPPER,</b> Potatoes & Gravy, Green Beans, Applesauce, Cookie & Roll	<b>10</b> <b>MOW: SEASONED BAKED</b> <b>CHICKEN,</b> Rice Pilaf, Carrots, Fruit Cocktail & Roll  <b>CM: CHICKEN CORDON</b> <b>BLEU,</b> Potatoes & Gravy, Peas, Peach Cobbler & Roll	<b>11</b> <b>MOW: BEEF</b> <b>STROGANOFF OVER</b> <b>NOODLES,</b> Peas & Carrots, Peaches, Cottage Cheese & Roll	<b>12</b> <b>MOW: CHICKEN</b> <b>PARMESAN,</b> Red Potatoes, Corn, Tropical Fruit & Roll  <b>CM: CHEF SALAD W/</b> <b>RANCH &amp; Apple</b>	<b>13</b> <b>MOW: CHICKEN</b> <b>FRIED STEAK,</b> Potatoes & Gravy, Peas, Pears & Roll
<b>16</b> <b>MOW: CHICKEN CORDON</b> <b>BLEU,</b> Potatoes & Gravy, Peas, Pears & Roll	<b>17</b> <b>MOW: HAM,</b> Red Potatoes, Carrots, Pineapple & Roll  <b>CM: ***Breakfast @ 10:00**</b> <b>HAM &amp; EGGS,</b> Hashbrowns, Pastries, Fruit & Juice/Milk	<b>18</b> <b>MOW: MACARONI &amp; BEEF,</b> Corn, Salad W/ Ranch, Orange Wedge & Roll	<b>19</b> <b>MOW: ROAST BEEF,</b> Potatoes & Gravy, Green Beans, Tropical Fruit & Roll  <b>CM: POTATO BAR- BAKED</b> <b>POTATOES W/</b> <b>TRIMMINGS</b>	<b>20</b> <b>MOW: TURKEY</b> <b>SANDWICH,</b> Potato Salad, Peaches & Chips
<b>23</b> <b>MOW: GROUND ROUND,</b> Potatoes & Gravy, Green Beans, Pears & Roll	<b>24</b> <b>MOW: HAM &amp; BEAN SOUP,</b> Tri Patty Potato, Cabbage, Peaches & Roll  <b>CM: ROAST PORK,</b> Potatoes & Gravy, Green Beans, Applesauce & Roll	<b>25</b> <b>MOW: CHICKEN &amp;</b> <b>BROCCOLI ALFREDO,</b> Carrots, Tropical Fruit & Roll	<b>26</b> <b>MOW: LASAGNA,</b> Corn, Salad W/ Ranch, Orange Wedge & Garlic Toast  <b>CM: PATTY MELT, Fries &amp;</b> <b>Root Beer Float</b>	<b>27</b> <b>MOW: PORK</b> <b>CHOPS,</b> Potatoes & Gravy, Mixed Vegetables, Applesauce, Cookie & Roll
<b>30</b> <b>MOW: TUNA CASSEROLE,</b> Peas & Carrots, Pears, Cookie & Roll	<b>31</b> <b>MOW: CHICKEN CHOW</b> <b>MEIN OVER NOODLES,</b> Stir Fry Vegetables, Egg Roll, Orange Wedge & Roll  <b>CM: FISH,</b> Au Gratin Potatoes, Carrots, Apple Pie & Roll			

**SUGGESTED MEAL DONATIONS** The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00